

**AVAILABLE DAILY
AT THE CENTER**

- **WALKING:** In climate-controlled banquet room, twenty-five (25) laps equal a mile. Monday - Friday from 8 a.m. until 3:45p.m. **Unless there is a scheduled activity.**



- **OUTSIDE WALKING TRAIL:** Each lap equals 1/3 mile. Exercise and enjoy the beautiful Summer scenery.



- **FITNESS ROOM:** Open for your convenience Monday – Friday from 8:00 a.m. to 3:45 p.m. (We ask that you please register at the front desk when using the fitness room.)



- **CARDS:** Card tables available for your use on a daily basis.



- **BILLIARDS/POOL:** Pool tables are available Monday, Tuesday, Thursday & Friday from 8:00 a.m. to 3:45 p.m. and Wednesdays from 1 to 3:45 p.m.



- **CORN HOLE:** You can try your luck at Corn Hole games in the lower level Monday thru Friday from 8:00 a.m. to 3:45 p.m. Check with staff on the availability of the room when you come in.

**RAINBOW MESSENGER
SEPTEMBER, 2014**

- **COMPUTER LAB:** The computer lab is available for your personal use daily. **FREE** computer assistance is available every Wednesday from 9-10:30 a.m. Ryan is here to assist you and answer your questions regarding computers. We also have wireless internet if you have questions about your laptop.



REGULAR SCHEDULED ACTIVITIES

- **TLC CLASS (Tender Loving Crafts)** Betty Hoffman craft coordinator and the other crafters would love for you to join the T.L.C. craft class that meets every Tuesday morning from 10 to 12. Come in and see the well equipped arts & crafts room. The small studio fee is \$3.00 per session and class participants may purchase project supplies at 50% off cost. Class is fun and educational and a super way to meet new friends.



September 2nd - Decal Art on China
September 9th - Southwest Ceramics
September 16th - Crystal Sun Catchers
September 23rd - Paper Beads
September 30th - Paper Bead Necklaces

- **SINGING SENIORS:** Meet Friday mornings at 10 a.m. at The Habig Center. They will be singing at **St. Charles Health Campus at 10 a.m. on Friday, September 19th.**



- **BINGO:** Will be played at 12 p.m. **Tuesdays, September 2nd, 16th & 30th.** We ask you to keep bills to \$5 and under. Cost is \$1.00 per card to play all 50 games and \$.25 to play in the two special games. Someone will be in the Banquet Room to collect money beginning at 11:30 a.m. *****You may want to bring a sweater or jacket, it sometimes gets cool.**

B I N G O									
7	25	44	57	62					
15	22	40	50	70					
11	30	FREE	46	74					
2	28	37	55	68					
10	27	39	59	75					

- **BLOOD PRESSURE CHECKS:** Will be available in the Banquet Room starting at **11:15 a.m. on Tuesdays, August 2nd, 16th & 30th.**



- **EXERCISE CLASS:** Is held every **Monday and Thursday morning at 9 a.m.** in the Banquet Room. The exercises are designed to help keep your joints limber. Start your day off with some fun and get health benefits too!



- **WALK FIT VIDEO:** Come in at **9:45 a.m. on Monday & Thursday mornings** for a group fitness walk video. It is a great way to get your heart pumping and you go at your own pace! A staff member is with the group and will help guide you through the video.

CARD TOURNEYS



- **Thursday, September 4th**
Cinch Tourney
- **Thursday, September 11th**
Sheephead Tourney
- **Thursday, September 18th**
Rum Tourney
- **Thursday, September 25th**
Euchre Tourney

Tourneys begin at 12:30 p.m. Entry fee is \$1.00 and prizes are awarded to 1st, 2nd & 3rd place. **Please sign-up by 10:00 a.m.** the morning of the Tourney you are playing in.

• **TEXAS HOLDEM:** Will be played **Mondays, September 8th & 22nd at 12:30.** There is a \$1.00 charge for the chips and the winner receives a cash prize. **Reservations are due by 10 a.m.** the day of the game.

• **DOMINOES:** The Mexican Train version will be played at **12:30 p.m. Tuesday, September 9th & Friday the 19th.** It's a fun game that is easy to learn. Everyone is welcome! We play a quarter a game with the low score winning. **Please call in by 10 a.m. if you are coming in to play.**



• **PAY-ME:** A game similar to Rum but played with 3 decks of cards including the jokers will be played at **12:30 p.m. Friday, September 12th and Wednesday the 24th.** Bring your change, we play for 10¢ a round and 25¢ a game. **Please let us know by 10 a.m. if you are coming in to play.**

RAINBOW MESSENGER

• **TRIOLEY:** Bring your pennies to play Tripoley at **12:30 p.m. Wednesday, September the 10th. & Friday the 26th.** We have a lot of fun! **Please call in by 10 a.m. game day** if you would like to play.

• **SCRABBLE:** How about a little challenge? Come in and play Scrabble at **12:30 p.m. Tuesdays, September 9th & 23rd.** **Please sign-up by 10 a.m. game day** if you plan to attend.

• **PHASE-10:** Will be played **Wednesday, September 3rd & Monday the 15th at 12:30 p.m.** It is a fun easy card game. We play for a quarter a game. **Please call in by 10:00 a.m. the day of the game** if you would like to play.

• **HEARTS:** Is a fun group game we will play at **12:30 p.m. Friday, September 5th Wednesday the 17th & Monday the 29th.** We play a quarter a game with low score winning. **Call in by 10 a.m.** if you will be able to come in to play.



SPECIAL ACTIVITIES

• **BOOK CLUB:** Will meet **Thursday, September 11th at 12:30 p.m.** to discuss, **"Trapeze" by Alan Mawer.** The October selection is: **"Follow the River" by James Alexander Thom.** Mary Ingles is taken captive from her peaceful Virginia settlement during a devastating attack by the Shawnee. After months of captivity she escapes & tries to make it home. What dangers is she up against? Will she make it?



BOOMERAMA: **NONE scheduled for this month.** Please attend The Healthy State of Mind Conference to be held at Reflections in Huntingburg on Tuesday, September 9th. See article in this newsletter.



• **LUNCH BUNCH:** Will meet at **Villa Pizzeria Wednesday, September 17th at 11 a.m.** They have a pizza buffet with salad bar and drink for \$8.50. We always go "dutch treat". Come enjoy good food and visit with old friends & make new ones! Please make your **reservations by 3p.m. Monday, September 8th.**



• **CATERED MEAL:** Will have a picnic theme this month and the greatest part is it will be inside so you do not have to worry about the weather. Sanders will cater the meal on **Tuesday, September 23rd at 12p.m.** The menu will be: fried chicken, loaded potato salad, baked beans, corn, creamy slaw, bread, punch & pour cake and unsweetened tea. **Cost of the meal is \$8.75.** Please make your **reservations by 3 p.m. Monday, September 8th.**



- **Wii GAMES:** The Center has a Wii game hooked up to the large screen T.V. in the lower level of the facility. Golf, Tennis, Bowling, Boxing and Baseball are available for you to play. For an aerobic workout we have Zumba & Just Dance programs.



- **PUZZLES:** We have one on the table in the computer room for anyone who would like to help. Put a few pieces together in passing or sit for awhile.



- **MAH JONGG:** Originated in China & is played with tiles similar to dominoes. The object of the game is to place tiles into combinations that make a "hand". Its concept is similar to Gin Rummy. Games are played on **Wednesdays at 12:30 p.m. and Fridays at 8:30 a.m.** (If you can play on Wednesday please call in by 10 a.m. to let us know) New players are always welcome.

- **FREE BRIDGE LESSONS:** Will be offered **Monday mornings from 9-11 a.m. & Wednesday or Thursday evening from 6:30 - 8 p.m.** For more information or to sign-up, call Cindy Klumper at 482-3299.

Notice: Location change for pickups in Ferdinand. Buses will pickup at Wendy's; please park in back of restaurant.

AUGUST

Ellis Park Trip

Friday, August 29th. Buses will leave the Jasper Armory at **11 a.m.** & pick-up in Huntingburg at **11:15.** We are staying for all the races and should be home by 7 p.m.

SEPTEMBER

Derby Dinner Trip

Church Basement Ladies, A Mighty Fortress

Wednesday, September 10th.

Buses will leave the Jasper Armory at **9:30 a.m.**, pick-up at Huntingburg United Methodist Church at **9:45** and at Wendy's in Ferdinand at **10:00.**

(Please park in the back of the restaurant.)



BASEBALL TRIP

Cincinnati Reds & St. Louis Cardinals

Let's go to the Great American Ball Park in Cincinnati on **Thursday, September 11th.** Game will start at **12:45pm.** The bus will leave the Jasper Armory at **8:30am** and pick-up in Huntingburg at **8:45.** Our seats in section 133 of the infield box are covered.

OCTOBER

Parke County Covered Bridge Festival

We will leave the Jasper Armory at **7 a.m. Wednesday, October 15th** for Mansfield, Indiana located in Parke County. Wear comfortable shoes, we will be spending most of the day walking and browsing the many booths including food located on both sides of the covered bridge. Check out the Mansfield Roller Mill listed on the National Register of Historic Places. We will take a short rest break on the way up and a longer one on the way back. We should return around 7:30 p.m.



Sign-ups start at 7:30 a.m. by phone on Wednesday, September 3rd. Each caller may sign-up four seniors per phone call. Cost of the trip is **\$38.00 plus meals.** Money is due by **3 p.m. Friday, September 12th.**

5th Annual Healthy State of Mind

Will be held Tuesday, September 9th
8:30 a.m. to 1:30 p.m.

at Reflections in Huntingburg

There are great speakers, vendors and door prizes lined up for a fun and informative day!

Call the Habig Center to register for the day. There is a \$10.00 admission fee due anytime before the 9th.



RAINBOW MESSENGER

• **BIRTHDAY & ANNIVERSARY:** If you would like your birthday and/or anniversary to appear in the Newsletter, please let the staff know the month and day.

• **BOOK SHELF:** Thanks to the generosity of so many, we have a great selection of books for you to borrow. They are located on the 2 bookshelves in the computer room.



• **SUNDAYS:** The Center is open from 1:00 to 4:00 p.m. for your enjoyment. We appreciate the volunteers who make this possible. If you would like to volunteer to open The Center on Sundays, call and we will add you to the list.

Anniversaries



SEPTEMBER

5th Dan & Brenda Schitter
5th Jim & Mick Gramelspacher
6th Virgil & Clara Messmer
8th Herb & Ida Mae Welp
9th Leroy & Lorine Voegerl
24th Orlan & Lilly Bauer

HAPPY BIRTHDAY



SEPTEMBER

2nd Denny Beck
6th Betty Kempf
9th Leroy Voegerl
11th Pat Sermersheim
Nora Schaeffer
Gloria Street
13th Shirley Hurst
15th Mary Bachman
Sandy Emerson
17th Harland Wittwer
18th Betty Gehlhausen
19th Sue Eisenhut
20th Barbara Hoffman
22nd Tom Fehribach
Vicki Welp
Bernie Vogler
23rd Herb Welp
24th Marge Bohnert
25th Jo Ellen Carrico
Sally Lindauer
29th Susie Neukam

Recipe Exchange

Pork Loin

Ingredients:

Pork Loin, Oregano, Parmesan Cheese and Italian Seasoning



Directions:

Spray bottom of baking dish with cooking spray. Pat pork loin dry then sprinkle it on all sides with the parmesan cheese, oregano and Italian seasoning. Place loin in pan and bake for 45 minutes at 450°. Slice and serve with your favorite side dishes.

Submitted by: Carol Zehr

Have a good recipe to share? We would be happy to publish it.

Prescription Drug Take Back Day Saturday, September 27th 2014

10:00 a.m. - 12:00 p.m.

Ferdinand & Huntingburg

Fire Stations

10:00 a.m. - 2:00 p.m.

Jasper State Police Post

Dispose of your expired, unused and unwanted drugs **FREE OF CHARGE!**

There are reasons why there are expiration dates stamped on medication containers. Chemical compositions and potency can change and become altered with age. Chances of deadly drug interactions and over-medicating are lessened when you clean the old medications out of your home.

